Granola for 6

Makes: 4lbs of granola

Prep Time: 30 min

Cook Time: 30 minutes

Ingredients:

- **2 cups** rolled oats
- **2 cups** barley flakes
- **¼ cups** almonds
- **¼ cups** shredded coconut
- **⅛ cups** sunflower seeds
- **⅛ cups** sesame seeds
- **¼ cups** olive oil (optional)
- **¼ cups** maple syrop, molasses or dark agave nectar
- **1 tbsp** vanilla
- **1 cups** raisins or chopped apples
- **¼ tsp** salt (optional)

Alternatives:

- wheat flakes
- rye flakes

Equipment:

- Large mixing bowl
- Medium saucepan
- 2 flat baking trays

Preheat oven to 300F (150C). Mix dry ingredients together in a large bowl. In a saucepan, heat oil if using it, maple

syrop and vanilla only until warm enough to soak into the dry ingredients. Pour this mixture over the dry ingredients and mix thoroughly, then spread into several flat baking trays. The layer of granola should be no more than 1-inch thick. Toast in a 300F oven for 15-20 minutes, stirring every few minutes. Granola is done when golden brown. Mix in raisins at this point. When cool, serve granola with soy milk or fruit juice and sliced fresh fruit.

Facebook Twitter Instagram GoFundMe Email Mastodon

This website is developed and maintained by people living in amiskwaciwâskahikan. You can read our full land acknowledgement here.
The code for this website is hosted on github and is licensed under Creative Commons Zero v1.0 Universal.
If you'd like us to delegate DNS for YourGroup.foodnotbombs.us to you, contact Jay Hannah of FNB Omaha. Currently YourGroup is being redirected to the global homepage.